

"What makes something great is the battle that goes on to get there. It is getting up every morning and doing what you think is the right thing. It is working towards your dreams and not letting other people get in your way."

-Dean Golich, coach of cyclist Mari Holden



GOLDEN GATE TRIATHLON CLUB

www.ggtc.org
February 2004

Bike Leaders

Okay, so it is that time of year again.....time to pull the bike out, dust it off, and get back out there to log some miles. Now, would it be more fun to log them by yourself, or with a group of fun loving people?.....please, don't answer that.

As most of you already know, I am the new Bike Director for the Golden Gate Triathlon Club. My duties, too numerous to mention here (j/k) include organizing rides for the club.

What Does A Bike Leader Do?

Well, besides the obvious.....what I would like to do is establish 10 or so people committed to helping lead rides for the GGTC. This would mean you lead one ride a month, on a Saturday. Not a big commitment to give back to the sport which has given you so much. And it is not hard to lead a ride. Just decide what ride you want to do...the more variations we have the better for club members, I announce it, and you ride the ride you would have done anyways. So easy.

Okay, well, it is not THAT easy. I would like to have Paradise led on the first and third Sundays of every month and a beginner class lead the second Saturday of every month. This may mean one time this year you lead Paradise (out of the goodness of your heart) and get in your hardcore workout by riding it twice or doing a killer brick afterwards. Now there are some of you who love Paradise Loop and would not mind leading it once a month. That would be great if that is what you want to do. And I know there will be members during the year (identified in the near future) who want to ride Paradise Loop and if I think they can lead a ride will let them take the ride out themselves (with a sweep or course) (leaving the core group of ride leaders available for other rides). If you prefer to lead Alpine Dam, Marshall Headwall starting in Nicassio...well, you get the idea, that's great. I am going to try and organize rides of specific distances that will help club members gear up for certain races (Wildflower, Alcatraz, etc). These are rides you would probably be doing anyway, so why not lead a ride and meet some new people. These do not have to all be wait around rides (unless of course that is what you prefer). Drop rides do exist and I am also trying to get together ride descriptions so people can print them off the web and bring them along in case the group drops them or they want to turn back, etc.

And as you could already guess, the more rides we have, the more options for club members, the better for everyone. So, don't feel like you only have to lead one ride a month. Lead a ride every Saturday if you want. Maybe Tuesday mornings before work we get together a Headlands loop. Wednesday evenings laps in Golden Gate Park. I am open to suggestions..any and all. It would be great if we could have at least two different rides every Saturday.

Please let me know,
Thanks,
Jason
GGTC Bike Director

Meet Your Directors....

It's a new year and a new board, so we thought we'd let some of the board tell you about their first triathlon, their favorite triathlon, and what they love about GGTC.

Stephnee Greenwood-Ex Officio

First tri: Galena, Illinois Olympic Tri
Favorite tri: It's a love/hate relationship with Escape from Alcatraz.
What I love about GGTC: The great time you can have if you take advantage of all the club has to offer.

Jason Arth-Bike

First tri: Napa Tri. I racked my bike next to the parking lot on a dividing chain...a very low key race, but I was hooked.
Favorite tri: The one I'm doing at the moment.
What I love about GGTC: All the great people!

Karen Kofod-Treasurer

First tri: Tri for Fun, Pleasanton, 2001
Favorite tri: Santa Barbara Long Course
What I love about GGTC: The camaraderie which makes the sport that much more fun.

Sarah Rusby-Social

First tri: Bass Lake Olympic Tri, 1997
Favorite tri: Donner Lake
What I love about GGTC: It keeps my butt off the couch!

Yuko Tsuchiya-Secretary

First tri: Danskin, San Jose, 1998, before I could even run 30 minutes straight
Favorite tri: Escape from Alcatraz
What I love about GGTC: Everyone is so welcoming and supportive, regardless of how fast or slow you are.

Nikki Galvan-Run

First tri: Danskin, San Jose
Favorite tri: Half Vineman
What I love about GGTC: For the friends, the workouts and the leg drills, of course!

Cathy Morgan-Communications

First tri: Riconada Triathlon on the Stanford campus, 1987
Favorite tri: Half Vineman
What I love about GGTC: The people and all the great training opportunities.

Letter From The President

Welcome back to GGTC to returning members and welcome to the Club for all of you new triathletes! We have an outstanding line-up of activities planned for the 2004 season.

One of my goals for this season is to maintain GGTC's position atop the Best-of-the-Bay poll by providing the best athletic programs, social activities and coaching to choose from.

Your board has already met three times and has developed new and improved swim, bike and run programs for 2004. Go to www.ggtc.org (soon to be revamped) and subscribe to our email list for the details. Hold on to your social calendar, as Sarah Rusby has planned numerous events including post-track Kezar Pub beer blasts, Friday happy hours and member meeting entertainment. Make sure to hold March 1st open for Roch & Huddle's return, for their only San Francisco appearance, which will be at the Sports Basement hosted by GGTC.

We have some of triathlon's top coaches in the Bay Area and GGTC has strong relationships and a long history of providing elite class coaches at a reasonable cost to Club members. We have Michael McCormack, Pedro Ordenes, Duane Franks, Phil Casanta, Rachel Sears and more working with your club. These top triathlon coaches will be available throughout the 2004 season for select programs and clinics.

Some Spring season coming attractions to plan for:

- GGTC's Tri-And-Give charitable tri-training program
- Open water swimming in Aquatic Park
- Wildflower training weekend at Lake San Antonio, March 27th & 28th
- Wildflower send-off party
- Wildflower weekend races, camping and pasta party
- Escape from Alcatraz race slots (including some for GGTC MEMBERS ONLY!)
- Host club for Escape from Alcatraz
- Escape from Alcatraz post party

Let's make 2004 a great year for triathlon!

Dave Green
GGTC President

GGTC Board of Directors

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Director Relations: Brian Pawlus
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2003 Best Of The Bay

Best Triathlon Club
Golden Gate Triathlon Club

Best Spin Class
Michael McCormack's "M2"
Performance Spin Class

Best Running Club
SFG Road Runners Club

Best Place To Get A Bike Fit
Hypercat Racing
w/ Coach Phil Casanta

Membership Benefits

With your membership to GGTC you receive discounts at many local shops and services as well as discounts on many national brands.

For more information on sponsors and discounts available with your membership please check our website
ggtc.org/sponsors.php

"It doesn't get any easier, you just get faster." - Greg Lemond

Mission Statement

The Golden Gate Triathlon Club serves multisport athletes of all ages and abilities in and around San Francisco, enabling them to achieve their athletic goals in a stimulating, supportive and sociable environment. We educate and inform our members, having fun while participating in all the Bay Area has to offer for training and racing, to improve sport for all.

Sunday Morning Swims:

GTTC is working with Coach Doug Huestis to reinstate this very popular program through April 25, 2004. The workouts are at Burlingame High's 50 meter outdoor Olympic Sized pool (long course setup). First practice is 8am Feb 1, 2004. Stroke Workshop(s) with the lightening-quick Anya are included. Doug will make you fast. If you want to get in, it's \$100 (not pro-rated) for the 13 Sundays (and \$30 to join Pacific Masters).

Open Water Swims:

There will be MANDATORY OPEN WATER ORIENTATION MEETINGS held on Wednesday March 3, 2004 and Thursday March 11, 2004. Firm times and the specific location will be announced late February.

The transition to the bike was memorable as only during an Ironman distance race do you have what are called "wetsuit strippers". When you get out of the water you lay down and a group of volunteers pulls the wetsuit off you (I understand these are the most popular volunteer slots for good reason). After my wetsuit is stripped, I run through a shower to wash the salt water and sand off and I am then directed to the indoor conference hall where there are a sea of transition bags. I run next door to the changing area and at the door I'm greeted by the suntan volunteers. This is a group of volunteers wearing rubber gloves with suntan lotion in their palms. I take some on the run and smear it over my face and arms. I am handed my bike as I get up to my rack area. As I head out, there is a line of cyclists as far as the eye can see headed off out of town. Just like a line of ants.

Bike:

Over the past three months I've done a 100 mile (5 to 6.5 hr) ride once a week. I am confident in my ability to put in a strong/healthy bike leg although the feeling of a sore arse is something I never get used to. I wonder how the pro cyclists in the Tour de France do it. Also, is there a correlation between Lance Armstrong's testicular cancer and time on the saddle? Over the course of this 112-mile ride one thing I have is time to ponder such trivial things. I stay at a steady and conservative cadence throughout the bike course and resist the temptation to "hammer" on the bike knowing that I have a marathon to run afterwards. I ride steady, 19-21 mph) the entire duration of the bike leg. I spend most of the time in the aero position and eat like mad throughout the bike leg. I have four Power Bars in my bento box and have taped 6 GU packs to my bike frame which I rip off and eat one per hour. I also take Endurolyte salt tablets, three per hour. I drink my two bottles of HammerGel/Sustained Energy mixture, the first right away and the second at 3.5 hours into the bike. In between, I take Gatorade which was handed out at the aid stations. The aid stations are great – the are every twenty miles or so and at each one is a different theme. One station is an Ancient Roman setting, with everyone in a toga or dressed as a Gladiator; another is a circus act (clowns and animals everywhere). In addition to the Gatorade, I take half a banana at each aid stations. By mile 100 I am sick of eating anything and feel bloated, but I still drink, as the sun and humidity are unforgiving and constant along with a strong headwind.

This is a great first time Ironman course I think to myself. Compared to our training grounds in Marin, this ride didn't feel close to the level of effort that I would put out in doing a Nicasio & Paradise & Headlands Loop (my usual 100 mile combo ride). I complete the course in 5:41 and am happy with the results. Bike transition takes me through the same scenario as earlier. I am surprised at how well I feel coming off the bike, yet try to keep the emotions in check. "A marathon is a long haul," I remind myself. I think happy thoughts and absorb the vibes of the crowd, the volunteers, my recruited cheerleader friends, and my fellow participants.

Run:

The crowd support on the two-loop run course is great. People even yelled my name which surprised me, but I realized later they have a published participant list and can easily look up your name via your number. I quickly ease into a cadence I am able to maintain and settle into. During the run there is no wind resistance to serve as a fan. The run is open and in the sun I feel the heat. Every mile has an aid station and at every one, I take an ice-cold sponge, cups of water and Gatorade. I also take cups of ice, which I suck on just to help pass the time and miles. My stomach feels bloated and I know somewhere along the run I must stop and use the port-

Alvin's First Ironman - Ironman Florida 2003 by Alvin Lee

Race Day:

Panama City, Florida - Up at 5 AM, walk outside and get body marked by the volunteer staff; begin hydrating again; make multiple bathroom trips; do some yoga on the balcony which overlooks the start of the swim; I also drink a little coffee, eat--a peanut butter and jelly sandwich, a Power Bar and a banana. By 6:30 AM I am on the beach and it's a good morning--calm flat waters. It is shaping up to be a perfect day. My expectations are just to have a good race and stay healthy and happy. There is no pressure to put in a "fast" race, however that doesn't change the butterflies in my stomach. Fear of the unknown is on my mind, but I've put in some good training days in the months leading up to this day, and I have comfortably performed each distance separately. But putting it all together in sequence, on the same day, I have not experienced. There is a sea of athletes on the beach and a crowd has built up to send us off on the journey. Before the scheduled start the positive energy resonates....

Swim:

Almost 2,000 participants wait anxiously on Johnson's Beach and precisely at 6:55 AM, the 5-minute yellow flag waves. After the singing of the national anthem, the cannon fires signifying the start of the race and it is complete mayhem – forearms, elbows and kicking feet everywhere. I settle in but the first left turn at the buoy is again complete madness - worse than a Bay Area traffic jam. There is no sense of order and everyone is slamming into each other from all directions. My first 1.2 mile lap around the two lap course is surprisingly fast and I'm out in just under 40 minutes. However during the second lap, the currents and wind begin to pick up and I feel slightly seasick from getting tossed around. I try to draft off a few swimmers but I realize I've never practiced this technique or been shown the proper way, therefore I don't really know how and they lose me in no time. I venture slightly off course and have to correct myself and the last 500 meters feels like an eternity. I probably swim an extra 250 meters. I finally get out the water in 1:29, a little disappointed in the slow time but all the while realizing I've conserved my energy and health and am glad that the swim is now behind me.

a-potties which are lined throughout the run course. I prolong this for as long as I can. During the middle miles of the marathon, people much older than myself pass me and I have to constantly remind myself to run my own race. I convince myself these older runners have trained more or perhaps cannot keep up the pace, and will crumble later. It is indeed humbling to witness men and woman more than ten years your senior flying by you (especially when by outward appearances they look like they shouldn't be able to). I continue onward and offer encouragement to some fellow GGTC members. You have the chance to see people both ahead and behind you since the course loops around. By mile 15 the sun has gone down and it is dark except for the light of the full moon and the parts of the course that are well lit. There is an apparent temperature drop – the sponges have disappeared at the aid stations and they have added chicken broth in cups. I wonder how that will go down but don't try it. Instead I take the cola they are handing out. My body craves the sugar and carbonation at this point so it is the perfect solution. I continue on at a comfortable pace, fighting momentary delusions of grandeur, such as thinking I'm going to increase the pace and finish this race running seven-minute miles. My legs are like anchors now. Mile 23 comes and I decide I will walk through the remaining aid stations and truly savor the rest of the course. I feel like I could run the entire marathon but why cross the finish line in pain I tell myself? After all, I'm not setting any age-group records here so I'm going to eat and socialize through the next couple of aid stations! A man who recognizes my GGTC jersey team tells me he's also from San Francisco and trains at Aquatic Park as well. We both celebrate that we are about to complete our first Ironman event and do it in under 12 hours. We both jog/walk the rest of the run, making a few friends along the way. I hear the crowd and I anticipate running down the final chute.

This is the moment all participants cherish – the moment the announcer sees you coming, announces your name, and calls you an Ironman finisher! I finish wearing a smile and give high fives to strangers behind the barricades. I immediately find the massage area and receive a fifteen minute massage. This is followed by a sampling of the available food (pizza!) then finally back to the hotel room to clean up. I resist the temptation to collapse on the bed with remote in hand and call it a night and instead, I put on a couple layers of sweats and proudly display my finishers medal, returning to the finish line. After all, there are still almost five hours to go before the last person crosses the finish line. I've developed a sense of camaraderie with everyone on the course and I want to help bring them home. I see many people who outwardly do not fit the mode of an Ironman triathlete, yet they are out there competing and crossing the finish line. I see a man with a mechanical arm finish – I wonder how he swam with it? I see more than one man over 70 years of age finish and I find this truly amazing. The oldest finisher a 74 year old man who finishes in just over 16 hours. He looks healthy and happy and serves as an inspiration to everyone in attendance. In the final hour some of the pros who finished hours ago have returned to the finish line to offer encouragement just like myself. This is nice to witness. I, along with hundreds of others, stay until after midnight to witness the last finisher come in. The very last finisher actually isn't an official finisher since he comes in after the midnight cutoff (around 12:15), but the crowd waits for him. Apparently, he's a man with a knee injury who decided to postpone his knee surgery just so he could do Ironman before going under the knife (he used a cane for the good majority of the marathon)! "What Iron-spirit", the announcer yells. The last official finisher (a man from Panama City, no less) is so touched by the other man's story and he hands the unofficial finisher his finisher's medal to keep. I finally return to my room and actually have trouble falling asleep – the energy is still in the air!

This event wasn't about a sporting event. This is a great race, with excellent crowd and volunteer support throughout the day. It was very impressive indeed. A flat and fun bike course and the amenities in the area are affordable. I highly recommend Ironman Florida, especially so if it's going to be your first Ironman!

VOLUNTEERS - We need you!

We're only as strong as the people in our organization! We have some great programs lined up for this year, and we need help! It's a great way to meet people in the club.

(The Swim Program needs an open water admin person, The Run Program needs a track admin person and trail run leaders, The Bike Program needs Saturday ride leaders, and Social Programs needs a lot of things: people to help with happy hours, post-race tents, WildFlower pasta party, post-Alcatraz party and the year-end party!)

Help us give you a great 2004 triathlon season!

Bike Tips:

* If a ride is not a no-drop ride, be prepared to handle basic problems (spare tube(s), pump, etc.) Carrying some cash (enough for a ferry ticket), a credit card, drivers' license or other ID is generally a good idea.

If you are riding solo, a cell phone can come in handy.

* As we get further into summer, more tourists will be in Sausalito and on the bridge. BEWARE! They seem to lose all their senses when exposed to salt air.

* Tourists on rental bikes without helmets are future organ donors. (And, they can't ride a straight line at all.)

Tuesday Track

Tuesday Track begins on TUESDAY, FEBRUARY 3rd at 7pm at Kezar Stadium.

Track is open to all paces, abilities, experience & skills.

COACH: Michael McCormack (www.triathloncoach.com)

WHEN: Tuesdays, 7pm at Kezar Stadium. Please be there at 6:45pm to check-in. The warm-up will start PROMPTLY at 7pm.

SEASON: FEB 3 - NOV 2 (40 sessions - 39 PAID & 1 FREE)

COST: There are several payment options to suit your needs (Drop-in, TRI-mester, and Season Pass). The cheapest and best option is to pay for the whole season up front.

** 1st Session is always FREE (so come and try it out!) **